

The BOMBARDIER

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CORE: Exercise winds down

By SENIOR AIRMAN NICOLE SPENCE
THE BOMBARDIER

The conventional operation readiness exercise on Barksdale came to a close yesterday after its start nearly two weeks ago.

The exercise is used as practice and preparation for the Conventional Operational Readiness Inspection the base will receive from Air Combat Command in March 2007.

"During the Phase I part of the exercise, both the 2d Bomb Wing and the 917th Wing simulate the deployment of an aviation package and combat support assets to a forward operating location," said Lt. Col. Timothy Hansen, 2d BW Plans and Programs director.

This deployment involved not only B-52s from both wings but also large numbers of personnel and their respective cargo."

Phase I came to a close as Phase II started Monday. For the second phase, operations shifted from Barksdale to a simulated FOL known as Base X.

"Although Base X is physically located on Barksdale, exercise participants adopted the mindset that they were actually far away from home and in a very dangerous location. For this part, both wings were fully integrated and fought side-by-side against a simulated aggressor," Colonel Hansen said.

Maintenance and munitions Airmen prepared B-52s for combat and aviators from the 93d and 96th Bomb Squadrons employed those aircraft, delivering loads of weapons against simulated enemy positions.

According to the colonel, AFI 90-201, Inspector General Activities, and the asso-

ciated ACC Supplement lay out the ground rules governing what activities must be included in the exercise. Based on this guidance, the CORE Tiger Team (made up of representatives from all of the 2d BW Groups and the 917th WG) build the necessary exercise scenarios.

"One of the best things in the exercise so far is working with the 917th WG," said Lt. Col. Tim Marks, 2d BW Inspector General chief of inspections. "We have gotten a lot of complements on how well we're working together and how enthusiastic everyone has been."

Throughout Phase II of the exercise, approximately 10 B-52s were launched on combat missions each day, for three days. During this time, all servicemembers were forced to carry out their duties in the face of recurring enemy air and ground attacks.

"We all build habit patterns in our daily lives and are now asked to change our schedules and perform under stressful situations. This is an exercise. Exercise means you safely learn your limitations while tasking your mental and physical abilities," said Lt. Col. Keith Schultz, 917th WG Operations Group deputy commander.






Master Sgt. Michael Kaplan/2d CS

A B-52H taxis out from its parking location as flying operations continue during the Conventional Operational Readiness Exercise.

"It's like being the coach of the NFL Pro Bowl game. All of your players are all stars on their own team and we are now

asking them to perform in a new stadium with a common unified goal of winning the game."

Weekend Weather

		
Today Partly Cloudy	Saturday Cloudy with isolated showers	Sunday Cloudy
Hi: 76 Low: 48	Hi: 80 Low: 60	Hi: 80 Low: 62

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Museum Association brick program supports military heritage




FeaturePage 10



2d DS residents use tools of the trade to gain experience

Sortie Scoreboard

2d Bomb Wing monthly flying goals

			
Depicted in sorties	86	0	53
Goal:	86	0	53
Flown:	22	0	6
Remaining:	64	0	47
As of:			
March 8			



Letter to Airmen

Michael W. Wynne
Secretary of the Air Force

8 Mar 06

Air Force Smart Operations 21

Our role as an Air Force is to provide an array of capabilities for the Combatant Commanders to use as directed by the President. These capabilities include the widest variety of joint operations from combat operations to humanitarian aid. Like any other organization, we must seek to constantly give value to our "customers." It's not only the right thing to do for the American taxpayer; it's the smart thing to do.

In my December "Letter to Airmen," I talked about expanding LEAN concepts beyond just depot operations. That effort has now grown into Air Force Smart Operations 21 (AFSO 21), a dedicated effort to maximize value and minimize waste in our operations. AFSO 21 is a leadership program for commanders and supervisors at all levels, looking at each process from beginning to end. It doesn't just look at *how* we can do each task better, but asks the tougher and more important question: *Why* are we doing it this way? Is each of the tasks relevant, productive, and value added? In other words is it necessary at all? With AFSO 21, we will march unnecessary work out the door – forever.

AFSO 21 signifies a shift in our thinking. It is centered on processes (groups of tasks) rather than tasks alone, which allows us to gain insights into the value, or lack of value, in each task we perform. For example, why does an EPR take 21 days at some bases to process, and only 8 at another? We must do better across the entire Air Force, and no process is immune from this critical review. AFSO 21 is built on successful principles from the corporate world, and has already yielded results in the Air Force. AFMC has used the tenets of AFSO 21 to put an extra 100 tankers back on the line each day. AFSO 21 is about working smarter to deliver warfighting capabilities.

We must continue to meet our worldwide requirements even with the continued pressure on our budget. But AFSO 21 is not about cost cutting; it enables our service to take our warfighters of today and grow them into the most effective and efficient thinkers for 2010 and beyond. The continuous process improvements of AFSO 21 will be the new culture of our Air Force. We will look at innovative ways to use our materiel and personnel more efficiently. For example, we're already planning on using the Guard and Reserve differently under the concept of Total Force Integration, capitalizing on their inherent strengths.

As AFSO 21 training comes to your base, ask yourself, "What have I improved today?" Every idea is worth taking to your supervisor. To learn more about the AFSO 21 program, visit the AFSO 21 website at <http://www.afso21.hq.af.mil/>. I have full faith that by implementing AFSO 21 together, we will make our Air Force not only more effective, but will drastically improve our combat capability.

Michael W. Wynne

"Commitment to caring"

Please support the Air Force Assistance Fund,
now through May 5.

Call Capt. Glenn Auge at 456-2894 for more information.

Vision
The 2d Bomb Wing is first ... in peace ...
in war ... to victory!

Mission

Exceptional warriors ready now to
provide responsive, flexible and
accurate bomber combat power and
expeditionary combat support to
warfighting commanders.
Anytime, anywhere.

Vector

Total focus on mission excellence

Work together — take care of each
other to build trust and teamwork

Offer opportunities for personal and
professional wellness and growth

Action Line 456-4000

actionline@barksdale.af.mil

The Action Line is an avenue for complaints, suggestions and kudos on services provided at Barksdale. Comments can help make the base a better place.

Although the Action Line is always available for use, the best and fastest way to resolve problems is through the chain of command or the organization involved.

Individuals are encouraged to go that route first. If the problem is still unresolved, call the Action Line and the appropriate base agency will address the problem. Positive feedback about Barksdale is also encouraged. Please leave a name and phone number when calling the Action Line as more information may be needed.



Col. Daniel Charchian
2d Bomb Wing Commander

Key Customer Service Numbers

AAFES Admin Office . . . 741-3243	Facilities and Utilities . . . 456-3072
Base Operator . . . 456-1110	Fraud Waste and Abuse . . . 456-1000
BX . . . 752-9227	Housing . . . 456-4324
Casualty Office . . . 456-2212	Inspector General . . . 456-5049
Civilian Pay . . . 456-2741	Law Enforcement . . . 456-2551
Civilian Personnel . . . 456-4502	Legal Assistance . . . 456-2561
Claims Office . . . 456-5318	Military Pay . . . 456-4733
Clinic Patient Advocate . . . 456-6361	Military Personnel . . . 456-2117
Commissary . . . 456-8263	Retiree Activities Office . . . 456-4480
Contracting . . . 456-2113	Safety . . . 456-2569
Directory Assistance . . . 456-2252	Services . . . 456-2475
Environmental Flight . . . 456-4629	Travel Pay . . . 456-2766

The deadline is 4:30 p.m. one week prior to publication. Submissions must be typed on plain, bond paper; on a clearly labeled computer disk in ASCII text or Microsoft Word format; or e-mailed to thebombardier@barksdale.af.mil. Submissions must include full rank, name and phone number of the author. All articles will be edited for accuracy, brevity, clarity and journalistic style and run on a space-available basis.

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Classified advertising: 459-3333; Business advertising: 459-3468

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Dental Health, Readiness: Squadron ensures members receive preventative care

BY COL. SALVADOR FLORES
DENTAL RESIDENCY FLIGHT COMMANDER

As the Air Force moves into the 21st century we are undergoing a transformation in the way we are organized to fight and defeat emerging threats in the war on terrorism.

The new Air Expeditionary Force is at the core of this transformation and is designed to provide rapid, responsive and reliable airpower that can be tailored to the specific needs of a situation. In order to succeed, the concept relies on rapid mobilization time frames, thereby placing a premium on individual readiness. Overall health and fitness, including dental readiness, is critical to individual readiness.

Dental readiness is one of the five health measures tracked in the Preventive Health Assessment and Individual Medical Readiness system.

This system monitors individual medical readiness and allows medical personnel and unit commanders at the local level to identify individuals who require immunizations, blood tests, preventive health assessments or dental exams and

necessary treatment to address any identified dental disease. Barksdale is number one in Air Combat Command for PIMR thanks to the efforts of commanders, unit health monitors, medical and dental personnel and individual members.

In terms of dental readiness, the Air Force Dental Readiness Assurance Program allows dental clinic personnel to monitor each active duty member's dental health status and ensures regular examinations and follow-up care is completed on a regular basis. Unit health monitors are the bridge between individual members and the dental clinic to help ensure members are fully qualified for worldwide deployment.

The Air Force uses a system of dental classes to track and gauge one's dental health status. Class 1 indicates a member requires no treatment or re-evaluation for 12 months. Placement in Class 2 identifies an individual that requires routine dental treatment within 12 months.

Members in Class 1 or 2 are worldwide qualified. Class 3 member have a condition expected to become a dental emergency within 12 months. Finally, a

member in Class 4 has an unknown dental condition and requires an immediate examination.

If you become Class 3 or 4, you are not worldwide qualified and can be restricted from permanent change of station, temporary duty or deployment until the treatment required to bring you up to Class 1 or 2 is completed. Barksdale members have one of the highest dental readiness rates in the Air Combat Command. The collaborative efforts of unit health monitors and 2d Dental Squadron personnel has consistently resulted in combined Class 1 and 2 rates near 98 percent.

Maintaining dental health is important as there may not be resources at remote or deployed locations to adequately care for complex dental treatment needs. Dental disease continues to be a major contributor to disease and non-battle injuries during recent deployments.

Data from these deployments reflects that dental clinics are one of the busiest clinics at deployed locations with up to 22 percent of all emergency visits to deployed medical units being dental in nature. Painful dental conditions greatly

hinder our ability to carry out individual tasks that may already be more difficult and critical in a deployed setting.

Failure to maintain a healthy dental state can ultimately result in the inability to carry out our deployed mission. History shows the rate of dental emergencies presenting at deployed locations increases significantly with a negative change in dental class.

Emergency rates for individuals deploying in Class 1 have reported to be 67 dental emergencies per year per 1,000 deployed members. That rate rises to 145 dental emergencies per year for Class 2 and an astonishing 530 dental emergencies per year for personnel deploying in Class 3. It is clear to see that deploying in a healthy state will significantly reduce the probability of a dental emergency presenting itself.

Dental health is important to you and your unit. People are the critical component in every weapons system. It's important for anyone scheduled a dental exam by their Unit Health Monitor to make that appointment. Every individual is important in helping us keep Team Barksdale ready to "fly, fight and bite!"

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like home...

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Mall of Memories: Active duty members encouraged to support Barksdale heritage

BY STEPHANIE BEMROSE

THE BOMBARDIER

The Eighth Air Force Museum Association is selling bricks for Barksdale's Mall of Memories located on the Memorial Walkway outside the museum.

The Mall of Memories program is just one example of how the association provides support for the museum.

Mr. Buck Rigg, museum director, explained that other ways the association assists with the operation of the museum include a maintenance program for aircraft and purchasing exhibit materials, administrative and archival supplies.

"There are various aspects of the museum operation that our angel (the associa-

tion) comes to assist when needed," Mr. Rigg said. "That assistance comes mostly in the form of dollars donated to the association to help cover those areas in the museum's operation that appropriated dollars will either fall short or have some restriction as to its use."

Master Sgt. Michael Kaplan, museum association vice president, said that right now, 95 percent of brick sales are made by members in the retired and veteran communities. However, he would like to see more involvement from active duty members.

"We want to raise awareness to the active duty community of the Memorial Walkway and how they can support the association, as we support the museum,"

the sergeant said. "Buying a Memorial Brick should be standard fare for all Airmen retiring or moving on from here."

Mr. Rigg explained that the 8th Air Force Museum's Mall of Memories is a two-fold program.

"While the (brick program) is a great venue for raising money, to me the real value of the program is its help in providing one more critical vehicle for education and learning."

Mr. Rigg added that the main reason the Mall of Memories project is important is to provide a showcase for the personal contributions and sacrifices that have been and are still being made to maintain freedom and liberty.

Sergeant Kaplan also said the bricks help honor the men and women that made peace their profession, from military members to federal civil service employees.

"Every brick tells a story of one's service and it inspires those who follow in their footsteps," the sergeant explained. "There is so much history along the memorial walkway — so much sacrifice, so much service to our country, so many stories on each brick."

Museum association president, retired Col. David Lay, said the brick program allows the organization to continue its primary mission of supporting the museum and preserving military heritage.

"These bricks offer everyone the opportunity to honor and remember a family member or friend who has served or is serving who have

contributed to the Air Force (and other military) heritage," Mr. Lay said.

Mr. Lay said the second reason the brick program is important is that the proceeds from the brick sales are used to financially support the museum as an additional source of revenue for association which is in turn able to provide support to museum.

One program the association is helping with is acquiring land for a new, much larger, museum.

Mr. Lay said the association contributed more than \$100,000 to the museum for land acquisition.

"It is a small price to pay, and it's our honor, to be able to assist the museum in its efforts to preserve the Air Force (and other military) heritage," Mr. Lay said.

Mr. Lay added that the current plans will allow all but the largest aircraft to be housed indoors and provide public access to the museum independent of the base.

"This will allow visitors to experience the museum in year-round comfort, reduce security concerns by providing access to the museum without having to go through the gate," Mr. Lay said.

Sergeant Kaplan added that weather is taking a terrible toll on the aircraft.

"We need to get them inside and properly preserved so future generations can enjoy the history that the Eighth Air Force Museum offers," the sergeant said.

Other projects the museum association was involved with include the Adopt-a-Plane program, the acquisition of the B-29 and SR-71, and gathering 2d Lt. Eugene Hoy Barksdale's personal effects from his childhood home in Mississippi to include in the museum.

Sergeant Kaplan said more than 350 bricks have been purchased in the last seven months and a large brick order is expected to arrive and be installed by the end of March.

Bricks cost \$35 for a four inch by eight inch brick and \$50 for an eight inch by eight inch brick. Visit the museum gift shop or call Mrs. Kim Hawks at 752-0055 to purchase a brick.



Photo by Master Sgt. Michael Kaplan/2d CS

Airman 1st Class Kendra Fulton, 2d Communications Squadron multimedia center, reads the names of those who are part of the military heritage honored at the Memorial Walkway at the museum. Airman Fulton recently bought a brick from the museum association to honor her grandfather, a mechanic enlisted in the U.S. Army Air Forces during World War II, adding to the 350 bricks already at the walkway.

AFSA International president speaks at local banquet

STAFF REPORT

The Barksdale Air Force Sergeants Association, Chapter 615 and Auxiliary hosted the association's international president as their guest speaker during their banquet Feb. 21.

The event also included the installation of new leadership and recognizing members.

AFSA International President Mr. John McCauslin spoke about several issues that organization is fighting for that could affect benefits, medical, retirement and education. He said that now, more than ever, people should become members of the AFSA to strengthen the organization's

voice on Capitol Hill.

He also asked that members call or write their political representatives to make sure they are fighting for their best interests.

Tech. Sgt. Bonnie Paskey, AFSA trustee, said Mr. McCauslin brought up many issues she didn't realize were current, and that he gave her a new perspective on the situation.

"Two issues are medical benefits after we retire," the sergeant said. "Another issue is being able to transfer the Montgomery GI bill to our children."

The sergeant added that membership to the organization is important because everyone who joins adds another voice and thus

voting power to affect retirement situations.

Local members who excelled in promoting the aims and objectives of the association were recognized at the event. These include Member of the Year, Ms. Pam Miller; President's Award and Sky High Club Award for more than 100 recruits, Senior Master Sgt. Elizabeth Melahn; First Term Airmen of the Year, Airman 1st Class Michael Cox. The Auxiliary members who were recognized include Member of the Year, Ms. Anne Rouse; President's Award, Ms. Debra Oesterreich and Ms. Elizabeth Swanson.

The leadership who were in-

stalled at the event include senior advisor, Master Sgt. John Thomas; president, Sergeant Melahn; vice president, Master Sgt. Anthony Rutherford; secretary, Ms. Miller; treasurer, (ret.) Chief Harold Swanson; trustee, (ret.) Chief Jeffrey Ledoux; trustee, Chief Jeffrey Melahn; trustee, Master Sgt. Richard Lee; trustee, Master Sgt. David Johnson; trustee, Sergeant Paskey; Airmen activity coordinator; Airman Cox.

Auxiliary leadership who were installed at the event include senior advisor, Ms. Oesterreich; president, Ms. Vicky Thur; vice president, Ms. Swanson; treasurer Ms. Irene Hefferen; secretary, Ms.

Lisa Byrd; trustee, Ms. Dorothy Baker; trustee, Ms. Cassie Byrd; trustee, Ms. Mary Joe Jones; trustee, Ms. Rouse; trustee, Ms. Vicky Krejas.

The next AFSA meeting is scheduled for 7 p.m. March 28 at the Stripes Lounge.

Visit the local Chapter website at www.afsachapter615.org or call Senior Master Sgt. Elizabeth Melahn to become a member or for more information.

Visit the AFSA website at www.afsahq.org, and click on "Legislative Information," and then "Bills of Interest," for more information about what congress is working on and possible effects of the actions.



Katrina, Rita – Six months later, moving to recovery

By MANUEL BROUSSARD
FEMA PUBLIC AFFAIRS

Six months after Hurricanes Katrina and Rita swept away thousands of Louisiana homes and businesses, the state is making long strides on the road back. Assistance for hundreds of thousands of hurricane victims continues to flow into the area left damaged by the scouring winds and waters of August and September 2005 and recovery efforts are well underway.

“The damage caused by these two hurricanes in one state is unprecedented and it is going to take a significant amount of time to get to a full recovery,” said Scott Wells, federal coordinating officer with the U.S. Department of Homeland Security’s Federal Emergency Management Agency. “That is why FEMA is here and closely partnered with the State of Louisiana and committed to the recovery and rebuilding.”

FEMA is working closely with the State of Louisiana to complete the response activities, conduct recovery efforts and better prepare the communities of the state for future storms. Hundreds of Louisiana citizens met in community planning sessions during January to launch the planning for recovery.

These efforts are continuing throughout the state and will take “years, not months to complete,” Wells said. With 35 million cubic yards of debris removed in Louisiana in the past six months, 54 percent of the estimated debris removal mission has been completed. FEMA is continuing to reimburse debris removal in the State of Louisiana at 100 percent through June 30, 2006, providing a significant savings on cost share for the state and local governments.

Unprecedented Destructive Power

Together, Hurricanes Katrina and Rita were the most destructive and costly natural disasters in U.S. history, claiming more than a thousand lives in Louisiana and forcing hundreds of thousands of people out of their homes. In the months following these two events, almost 1.5 million people registered for assistance in the state. FEMA funding in Louisiana for victims of these two storms has surpassed \$12 billion for rescue operations, crisis counseling, housing and living expenses, property losses, local and state government infrastructure, legal services and more.

Many applicants were provided aid from federal and state assistance programs. Through mid-February, FEMA

provided \$4.5 billion in grants to individuals in Louisiana for housing and other needs, which more than quadruples the \$1.1 billion provided to families for the four hurricanes that crisscrossed the State of Florida in 2004.

Final Days of FEMA Registration Period

Working with Louisiana officials, FEMA has scheduled March 11, 2006, as the final day for homeowners, renters and business owners whose property sustained physical damage from Hurricanes Katrina and Rita to apply for federal and state disaster assistance. Officials urge individuals to register by calling 1-800-621-FEMA (3362) (TTY: 1-800-462-7585 for the speech- and hearing- impaired), if they have not already registered. Calls may be made seven days a week from 6 a.m. to midnight CST. Applicants may also register for assistance online at FEMA’s web site, www.fema.gov. Click on the words “Apply Online” located in the upper right-hand side of the page.

For some people who call FEMA to register for assistance, the next step is to submit an application to the U.S. Small Business Administration. Through mid-February, more than \$2 billion in low-interest disaster loans have been provided to homeowners in Louisiana, and nearly three-quarters of a billion dollars in loans have been provided through the SBA to business owners and non-profit organizations for property damage and economic loss. Evacuees do not need to complete a Small Business Administration loan application to be eligible for FEMA housing assistance.

“Louisiana is fighting its way out of the void left by one of the biggest disasters ever to face our nation. Now, the focus is shifting and the long view is taking shape,” Wells said. “Recovery will happen day-by-day, person-by-person, and community-by-community, and FEMA will be here to support that recovery.”

In January, citizen planning groups met in towns across the state to begin the process of setting goals and priorities to propel their communities forward. These sessions explored the full range of local opinions, including whether to rebuild or rethink destroyed neighborhoods and facilities.

FEMA manages federal response and recovery efforts following any national incident. FEMA also initiates mitigation activities, works with state and local emergency managers, and manages the National Flood Insurance Program. FEMA became part of the U.S. Department of Homeland Security on March 1, 2003

Officials announce selections to senior master sergeant

STAFF REPORTS

The Air Force has selected 1,303 master sergeants for promotion to senior master sergeant.

The promotion list was released Wednesday, and the complete list is available on the Air Force Personnel Center Web site at www.afpc.randolph.af.mil/eprom/.

The board, which convened Jan. 30 to Feb. 17, considered 15,104 master sergeants for an 8.63 percent select rate. Last year’s selection rate was 9.19 percent.

The average score for those selected was 661.37 with an average time in grade and time in service of 4.42 and 20.22 years respectively.

The average score was based on the following point averages:

- 135 for enlisted performance reports
- 32.87 for time in grade
- 21.30 for time in service
- 20.82 for decorations
- 66.67 for Air Force supervisory examination
- 384.72 for board score

Score notices are available on the virtual MPF. Those selected will be promoted to E-8 beginning in April. For more information, contact the local military personnel flight.

Local members selected for promotion are as follows:

- Ernie Allen, Det 5, 372d Training Squadron
- Leo Carr, 548th Combat Training Squadron
- Danny Wells, 2d Bomb Wing
- Iris Kaplan, 2d Mission Support Squadron
- Carlos Garcia, 2d Security Forces Squadron
- Janice Howard, 2d Logistics Readiness Squadron
- Mahmoud Rasouliyan, 2d Maintenance Group
- Thomas Fortier, 2d Munitions Squadron
- Gregory Spring, 2d MUNS
- Wendell Addison, 2d Aircraft Maintenance Squadron
- Bob Howard, Det 1
- Cornell Johnson, 2d Medical Operations Squadron
- Nanette Weekley, 2d Medical Support Squadron

National Nutrition Month: Breakfast, right start every day

STAFF REPORTS

Beep, beep, beep ... wake up – it’s time to start a new day.

As Airmen begin their daily morning routine – packing lunches, getting their kids ready for school and themselves out the door – the American Dietetic Association reminds them to be sure breakfast is one of their family’s top priorities each morning.

Breakfast is important to everyone’s overall health and performance. It is an early-morning refueling stop for the body.

After eight to 12 hours without a meal or a snack, the body needs to replenish its glucose, also called blood sugar, the main energy source for the brain.

Studies show breakfast eaters tend to have more strength and endurance and better concentration and problem-solving abilities.

On the flip side, those who skip breakfast often feel tired, irritable or restless in the morning.

Staff Sgt. Jason Jones, a member of 2d Munitions Squadron, said he has noticed a drastic increase in his energy level throughout the day since he began eating breakfast.

“I have actually lost 12 pounds since I revamped my diet, and eating breakfast has also greatly increased the amount of energy I have for exercise,” the sergeant said. “I feel that getting a good breakfast in every day has played the biggest role in achieving my goals.”

Capt. Lindsey Johnson, 2d Medical Operations Squadron registered dietitian, agreed that breakfast is a crucial part of any healthy eating plan.

“When you don’t eat anything for that breakfast meal, it is like you are trying to drive your car with an empty tank of gas,”

the captain said. “People who eat breakfast have more energy, more control over their cravings and food intake for the remainder of the day, and are more successful at weight loss.”

Breakfast is essential to children’s health and nutrition and gives them a jump-start on their day’s daily requirements for vitamins, minerals and other nutrients.

Research shows kids who regularly eat a morning meal tend to perform better in school, often scoring higher on tests. Kids who skip breakfast tend to be tardy or absent from school more often. Breakfast eaters often behave better in school, too.

Don’t forget who else should eat breakfast: parents.

Kids who see their parents eat breakfast are more likely to eat breakfast, too. If time is a concern in the mornings, start the day with quick breakfast options, like:

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of yogurt
- Toasted waffles topped with peanut butter
- Instant oatmeal with milk and dried fruit
- A whole-wheat pita stuffed with sliced hard-cooked eggs.

Captain Johnson added that a healthy breakfast can be anything from the traditional bowl of cereal to a one cup serving of leftover spaghetti and meatballs, but ideally a meal of approximately 400 to 500 calories.

“Remember, before you start your day, you need something in your stomach for that first meal of the day,” the captain said.

For more information about nutrition, call the Barksdale Health and Wellness Center at 456-6011.



BARKSDALE RETIREE OFFICE MASSING OF THE COLORS 225+ American Flags and Guidons AT 1 p.m. APRIL 1 Airline High School Stadium Located off I-220 and Airline Drive, Bossier City

- Massing of American and Historical flags and Guidons
- Similar to Olympic opening ceremony when nations enter and assemble in the stadium with their country flag to light torch and release Peace Doves. We will release 1,200+ balloons with a B-52 aircraft flyover!
- Honor Guard and Cordon of Swords from Barksdale and ROTC Honor Guards, Military Associations, Fire and Police Departments
- Display of the 26 National American, Territorial and State Flags. Not seen by 99.9 percent of the people in our country. YOU AND YOUR FAMILY CAN SEE THEM ALL AT ONE TIME
- Historic flags from 10 Century, Revolutionary War, Civil War, War of 1812 and more
- Arc of Flags from Bossier Fire Department
- Please encourage children's attendance as this event will provide a historical perspective for youth

Military volunteers: contact your First Sergeant or Master Sgt. Mike Gibson at 456-4957

For more information, call the Retiree Activities Office at 456-5976.

ATSO Question of the Week

Q: What are three portals of entry for chemical warfare agents, and what are three protective measures you can use to prevent or minimize exposure?

A: The three portals of entry are inhalation, ingestion and absorption through the skin. Three ways to protect your self from exposure are to wear individual protective clothing (MOPP 4) as directed, to practice contamination avoidance and expedient decontamination. (ref AFMAN 10-100 pg. 144, AFMAN 10-2602)



Proper child safety seat restraint important, lawful

BY 2D BOMB WING SAFETY OFFICE

As many people who have kids are aware, using a child safety seat is not just a good idea, it's the law. Unfortunately, many folks use the seats improperly.

Here are a few guidelines to help keep the precious cargo safe and sound while on the road.

1. Read child safety seat instructions and the motor vehicle owner's manual. In it, there is the correct arrangement and specific weight and age limits for the seat. Infant-only seats are only adequate for children up to 20 pounds and 12 months old, and must always face rearward.

2. Secure the seat in the safest place possible. The safest place in any car is the middle position of the back seat.

3. Never place a rear-facing child seat in the front passenger seat of a vehicle equipped with a passenger-side airbag. If the bag inflates, the force could cause serious injury or death. If older children must ride in the front seat of a car with a passenger side airbag, slide the seat back as far as possible.

4. Properly secure the child safety seat with the vehicle's safety belt. Check the manufacturer's instructions to find the correct routing for the belt. A crash at only 30 mph can throw a 10-pound baby and infant seat with a force of almost 200 pounds.

5. Use a locking clip if the safety belt that secures the seat in the car has a sliding latch plate. This device keeps the belt from slipping and rendering the seat useless as a child safety device. Many vehicles come equipped with a locking clip — check the glove box. If the vehicle does not have a locking clip, check the safety seat itself or call the manufacturer to obtain one.

6. Ensure the straps and harness fit your child snugly and securely. Don't compromise a child's safety just because they might be a little uncomfortable. Shoulder harnesses go over the shoulders, not under the armpits. Position the shoulder harness clips at armpit level and if the seat has a lap harness, secure it as low on the child's lap as possible.

7. Give infants extra head and neck support by rolling a towel or blanket and placing it along each side of the baby. In cold weather, cover the baby with blankets after putting them into the seat.

8. Always replace any safety seat involved in a crash. While the seat may appear intact, it may have hidden structural damage. If possible, avoid buying a secondhand safety seat since it may have been involved in a crash.

If using a secondhand seat, call the National Highway Traffic Safety Administration Auto Safety Hotline at (800) 424-9393 to find out if the seat has been recalled.

News briefs

Retirement

Master Sgt. David Stuart

Master Sgt. David Stuart, 2d Communication Squadron, will retire after 26 years of service at 3 p.m. March 17 at the Barksdale Club. Dress is casual for civilians and uniform of the day for military. Call Chief Vernon Butler at 456-4610 or Tech. Sgt. Sherrie Lindsay at 456-4600 for more information.

Job openings

Maintenance

There are several positions available at the New York Air National Guard 106th rescue wing. Full-time maintenance positions include an engine mechanic, survival equipment, air ground equipment, aircraft mechanic and part-time include all maintenance areas. Call Col. Landsiedel at DSN 456-7497, or (800) 856-3573, ext. 7497.

CDM

The Consolidated Dorm Management

Office has openings for highly motivated, seasoned members who have a minimum grade of staff sergeant. This duty includes facility management of dormitories, directly supervising bay orderly crews, and interacting with squadron supervisors and first sergeants. Packages are due to CDM today and the applicant must be able to report for duty May 1. Call or e-mail Mr. Donald Bergeron at 456-2779 for more information.

Lifeguards

The local civilian personnel flight will begin accepting resumes through May 5 for summer temporary employment as a lifeguard. Applicants must be at least 16 years of age and have either a high school diploma or three months of lifeguard experience in order to be eligible for certification tests. To obtain a copy of the employment handout for this program, email a request to misty.bartley@barksdale.af.mil or visit the Barksdale CPF located at 345 Davis Ave West, Room 217.

National Prayer Breakfast

The National Prayer Breakfast is scheduled for 7 a.m. March 23 at Hoban Hall. The guest speaker is Mr. Hollis Conway, a former Olympic medal winner. The price for the breakfast is \$5 and the dress code for military is uniform of the day. Tickets are available for purchase through first sergeants or the base chapel, which can be reached at 456-2111.

BOSC scholarships

The Barksdale Officers' Spouses' Club is offering scholarships to dependents who are high school seniors and to non-military spouses of military members who are continuing their education at a college or university. Awards up to \$2,000 per student and a Gerry Lyons Memorial Scholarship of \$1,000 will be awarded. The postmarked deadline for completed applications is March 22. Applications may be picked up at the Base Education Office, Family Support Center, the

Barksdale Club and the Thrift Shop. Call Ms. Lynae Cox at 795-0856 for more information.

Palace Chase information

Anyone who wants to learn more about early separation under the Palace Chase program is invited to attend a mass briefing at 2 p.m. the third Tuesday of every month in the 2d Bomb Wing military personnel flight building, room 211. Call Tech. Sgt. Briana Ontiveros, in-service recruiter, at 456-1930 for more information.

Eagle Eyes

Air Force Office of Special Investigation Detachment 219 reminds everyone to fight terrorism and criminal activity by keeping an eagle eye out for the following suspicious behaviors: surveillance, elicitation, tests of security, acquiring supplies, suspicious people, dry run and deploying assets. Call 456-2551 to report suspicious activity 24 hours a day.



Airmen reach out to local Afghan village

BY STAFF SGT. JENNIFER REDENTE
455TH AIR EXPEDITIONARY WING

More than 40 Airmen at Bagram Air Base, Afghanistan, recently visited a local village and gave basic necessities, donated by people throughout the world, to about 500 Afghans.

Members of the 455th Air Expeditionary Wing drove seven kilometers to the village of Gadia to hand out materials including clothes, shoes, hygiene items, toys and school supplies, said Senior Master Sgt. Diana Brown, 455th Expeditionary Aircraft Maintenance Squadron first sergeant.

"A warm blanket, or a sweater, can make a big difference to some of the people who live in the villages here," she said.

"None of this could have been possible without the cooperation of those who have sent the donations and those who organized the event," said Master Sgt. James Biggerstaff, 455th Expeditionary Mission Support Group first sergeant.

Airmen assigned to the wing came together to spend three hours separating goods by gender and age into more than 400 bags. The materials were donated by service-members who have served in previous rotations, and by churches and other civic organizations.

"Most of the donations are sent by various organizations and groups through word of mouth after Airmen return to their home stations," Sergeant Biggerstaff said.

"We get about 20 boxes of assorted goods per week from those who support the Adopt-A-Village here," he said.

It's a very rewarding experience to participate in the program, Sergeant Brown said. She encourages everyone to take the opportunity to be involved, whether it's donating, sorting or handing out clothes.

"I was very honored to be part of the ongoing mission to improve relations with the local community and provide humanitarian aid," Sergeant Brown said.



Staff Sgt. Jennifer Redente/AFPN

Senior Master Sgt. Diana Brown gives clothes to two Afghan girls during a recent Adopt-A-Village visit in Parwan Province, Afghanistan. More than 40 Airmen participated in giving the village of Gadia more than 400 bags of clothes, hygiene items and school supplies.

Air Force Judge Advocate Corps streamlines operations

BY STAFF SGT. C. TODD LOPEZ
AIR FORCE PRINT NEWS

The Air Force's Judge Advocate General's Corps has a plan to optimize their operations for the 21st century, and move out on Air Force Smart Operations 21.

In a recent interview, Maj. Gen. Jack Rives, the Air Force's new judge advocate general, said the service's JAG Corps will begin transforming their own legal operations to better meet new Air Force requirements – JAG Corps 21.

"The Air Force is making dramatic changes to posture itself for the future," General Rives said. "As part of that process, the chief of staff challenged the JAG Corps to redesign itself to complement Air Force initiatives and to transform legal operations to better align with new Air Force requirements.

"We can do this because the secretary and the chief have enabled us to be as agile as the most innovative private sector business," General Rives said.

One of the biggest JAG Corps changes will be development of field support centers in a number of key areas, including claims processing; education and information; operations and international law; labor law; contract law; contract litigation; and environmental law.

The most visible field support center for Airmen will be the claims field support center.

"Throughout the history of the Air Force, people have gone to the base legal office to file a household goods claim," General Rives said. "Currently, two or more claims specialists work at bases all across the Air Force. We will transform to one claims center to handle the personnel claims for Airmen throughout the Air Force."

Modeling the best practices from private industry, the general plans to consolidate claims expertise at one location, provide support 24 hours a day, and develop

Internet-based claims processing programs with toll-free telephone access to better serve Airmen in the field. This will make it easier for Airmen to file their claims and ultimately, they will see payments in their accounts that much sooner.

General Rives expects the claims field support center to be fully operational as early as 2008.

The other field support centers will be located at various places throughout the Air Force and will be staffed by experts in particular legal fields.

"The FSC concept will enable us to move from a model where every wing legal office had to have experts in complicated areas of the law, to a model where base JAGs reach back to an FSC for tailored specialized advice," General Rives said.

The wing's chief lawyer – the staff judge advocate – will still have responsibility for providing legal advice on all matters to the wing commander and commanders in the field. His or her ability to provide this advice, however, will be enhanced by an immediate reachback capability to field support center manned with subject matter experts.

Legal experts at the centers will provide advice to lawyers at local JAG offices throughout the Air Force. As needed, they could also travel to bases to provide additional support on-site.

General Rives said the Air Force will begin work building the centers immediately.

Most of the changes planned under JAG Corps 21 will be invisible to Airmen and commanders, General Rives said. But all the changes will streamline and modernize the way Air Force JAGs do business.

One example is the elimination of the five field judiciary circuits, regional boundaries within which prosecutors, defense attorneys and judges try cases. Three circuits are in the United States and the others are in the

Pacific and Europe. The geographic boundaries present unnecessary obstacles and overhead for the court-martial process. The JAG Corps 21 initiatives will eliminate these obstacles.

"We are doing away with the circuits because they are artificial boundaries," General Rives said. "Without those boundaries, we can use the judges and prosecutors where they are needed, in a more timely and efficient manner. We do it to a limited degree now, but by eliminating regional circuits, we can do it much more effectively."

Today, base JAG offices have a court reporter whose primary duty is to record court-martial activities. It is demanding and highly technical work. But if a base goes several months without a court-martial, the court reporter's specialty skills are not used.

The general said he believes the JAG Corps can better serve Air Force needs by consolidating the court reporters under the field operating agency that is aligned with the trial judiciary instead of individual wing legal offices.

"By centralizing control of court reporters and standardizing training and processes, we can get cases to trial sooner and speed up post-trial processing," he said. "The overall result will be faster resolution of cases, which is always in the best interests of both an accused and the Air Force."

The JAG Corps 21 process is also examining its role in supporting new and evolving Air Force missions such as stability operations and cyberspace operations, and identifying areas that will better support the deployed commander.

"As with the basic concept behind the field support centers, it's all about providing better support to commanders in the field to give them the legal effect necessary to perform the mission," General Rives said.

2d DS residency program: Filling the gap towards experience

BY STAFF SGT. JEREMY LARLEE
2D BOMB WING PUBLIC AFFAIRS

A Barksdale dental residency program teaches dentists specialties of the career field and how to serve in a deployed location.

The Advanced Education in General Dentistry resident program is the only dentistry program in the Air Force that accepts dentists who have already served in the military for a few years.

According to Col. Sal Flores, commander of the 2d Dental Squadron Advanced

Education in General Dentistry Residency flight, the resident program is usually offered to mid-term dentists. But the dental career field is weighted heavily with senior and junior officers so the program has residents with a wide range of experience.

The students come into the residency

trained as general dentists. The course broadens their dental knowledge by training them in the various dental specialties.

"Orthodontics, endodontics, prosthodontics and oral surgery dealing with facial bones are examples of some of the specialties we teach the residents," Colonel Flores said.

A common misconception of dentistry is that it only involves teeth.

"If it's between the lips and the throat, it belongs to us," Colonel Flores said. "We do more than just teeth."

Capt. Amy Aston, a resident in the program, thinks the program is a great way to learn the different dental specialties.

"It is a pretty comfortable learning environment," Captain Aston said. "We are mentored by wonderful specialists who are great in their fields and they guide us to perfect our processes."

Learning the process of removing wisdom teeth is what Captain Aston finds most useful in the program.

In addition to learning the specialties, a major component of the residency program is training to be a deployed dentist. Graduates from the program will be the dentist that deploy from their bases in the AEF cycle.

Learning the triage concept of being able to see patients in the order of how urgently they need care is an important part of the program's curriculum.

Tuesday mornings all of the residents and even the dental squadron specialists devote four hours to training and avoid scheduling any patients during this time. The time is used for classroom training and specialists will train the residents on the latest developments in their fields.

One of the challenges of performing dentistry in a deployed location is that, while functional, the equipment used there is made with mobility and efficiency in mind. An example of this is the chair used in deployed areas, which Colonel Flores explained is similar to a lawn chair. While the chair has three different positions, it is nowhere near as adaptable as a chair used at most stateside bases.

Colonel Flores said he would like to outfit a room in the dental squadron with deployable dental equipment, so that he can simulate a deployed experience.

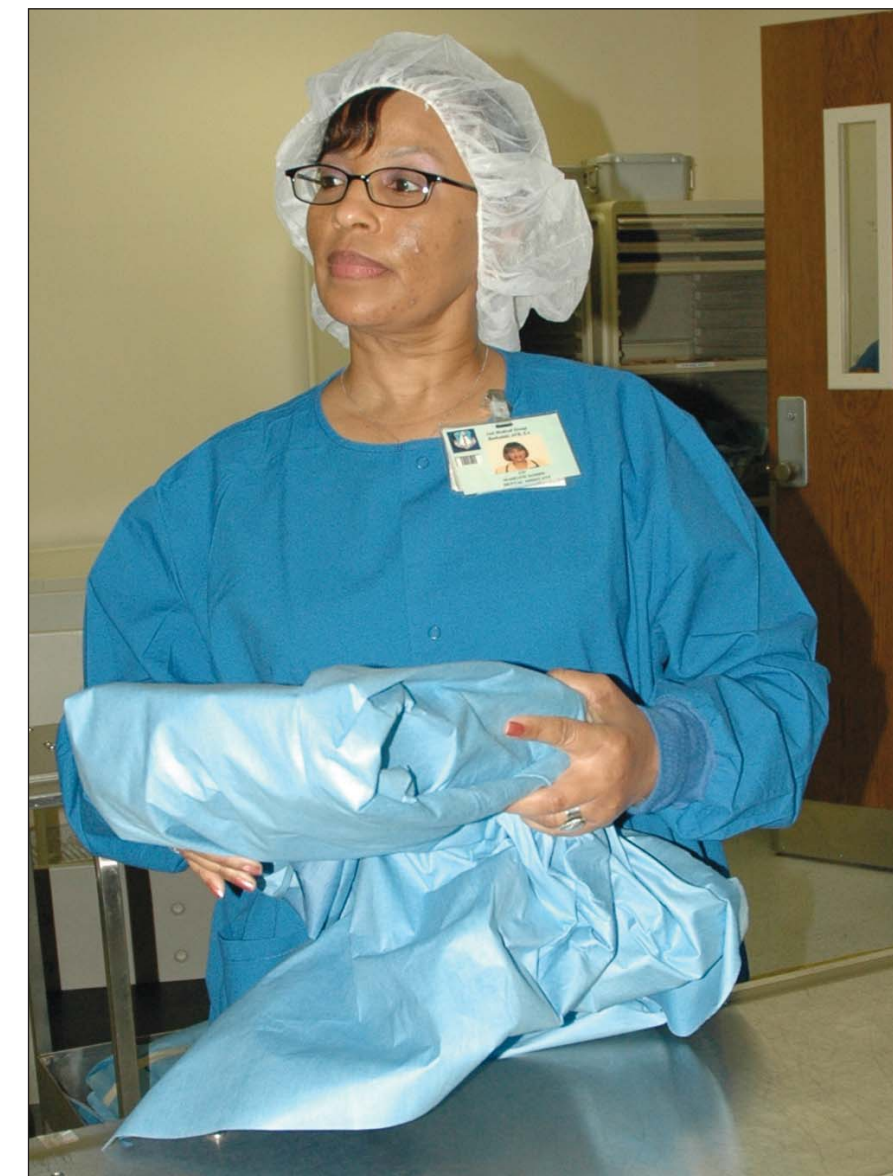
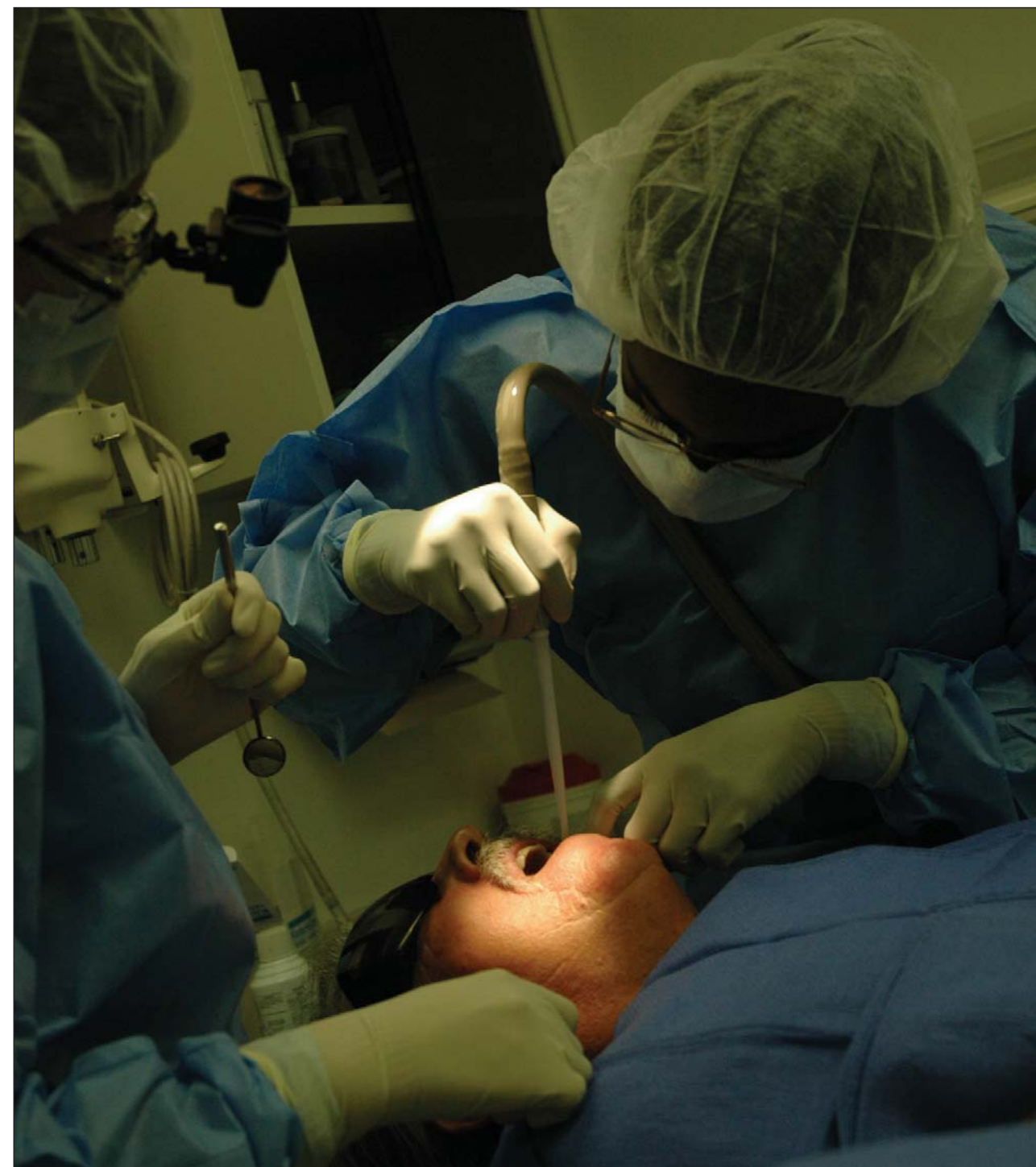
Being a military member is not something a dentist takes lightly, said Colonel Flores.

"We are not dentists, we are military officers who just happen to be dentists," he said.



Photos by Staff Sgt. Jeremy Larlee/2d BW Public Affairs

Capt. Benjamin Clark, 2d Dental Squadron, performs a patient a root canal Monday. The Advanced Education in General Dentistry resident program is the only dentistry program in the Air Force that accepts dentists who have already served in the military for a few years.



Above: Madeline Harris, 2d Dental Squadron dental assistant, prepares to sterilize equipment Monday. The dental squadron residency program allows training in several specialties in the whole mouth area, not just patients' teeth.

Left: Capt. LiKuei Hung, 2d Dental Squadron, administers suction to a patient during an extraction. The dental career field is weighted heavily with senior and junior officers so the program has residents with a wide range of experience.



Services events

For more information about 2d Services Squadron events, check their Web site at www.barksdaleservices.com

Bingo night

Super Bingo is Tuesday in the Ballroom at the Stripes Enlisted Lounge. It features eight \$100 cash games, two progressive cash jackpots including a cash jackpot and a hi-definition 50" big screen television with surround sound. The program is open to all ranks, retirees and civilians. Club members get special pricing. Dinner and early bird games begin at 5:30 p.m. Calling for super bingo begins promptly at 6:30 p.m. Call 456-4926 to learn more.

Crochet class

Crochet a baby blanket or an adult throw at the Arts and Crafts Center's crochet classes in March. Classes are held every Thursday from 5 to 7 p.m. Cost is \$20 plus supplies. Call 456-3140 to sign up or for more information.

American Cemetery tour

Take a guided tour with costumed characters portraying legendary historic figures of Natchitoches through the American Cemetery and various historic sites March 25. Shopping and eating will be done leisurely, while the group separates to pursue individual interests after the tour. The group departs at 8 a.m. and returns home at approximately 6 p.m. Transportation cost is \$10 and the cemetery tour is an additional \$10. Cemetery tour tickets are optional and available in Natchitoches. Call tickets and tours at 456-1866 to sign up.

Hold'em tournament

The Stripes Lounge is hosting a hold'em players buffet March 24 at 6 p.m. Cost is \$10 for members and \$12 for non-members. After eating, members are invited to participate in a hold'em card tournament for free. Non-members are invited to play for \$8. Advanced reservations are taken with payment. Call 456-4926 for reservations.

Congressional awards

The Congressional Awards Program encourages youth and young adults to get involved in something they enjoy or would like to try for the first time. Military family members, ages 14 to 23, are eligible for this award. Goals are set in four areas: volunteer public service, personal development, physical fitness and expedition and exploration. Call the youth center at 456-3448 for details.

Breakfast buffet

Starting April 3, the Barksdale Club is serving a breakfast buffet Monday through Friday 6:30 to 9:30 a.m. Buffet items include scrambled eggs, french toast, pancakes, hash browns, grits,

sausage patties, sausage links, bacon, sliced ham, biscuits, sausage gravy, melted butter, syrup, cereal, orange juice, apple juice, grapefruit juice and milk. Members eat for \$4.95, non-members for \$5.95 and youth under 12 are half price. Call 456-4926 for details.

NTN entertainment system

NTN is now available at the Stripes Lounge. Play the most up-to-date integrated network in sports, trivia and hold'em. Cost is \$3 for non-members and guests and free for members. Call 456-4926 for details.

Domino's tournaments

Stop by the Stripes Lounge every Wednesday during the month of March for Domino's Tournaments. Games begin at 7 p.m. and the entry fee is \$5. Call 456-4926 for more information.

Youth Action Club

Youth Action Club for ages 11 to 12 will be held Tuesday through Friday from 3 to 5 p.m. during the school year. The program includes 4-H, Boys and Girls Club activities as well as arts and crafts, supervised free play and more. Cost is \$20 per month and includes USDA approved snacks. Club members will have the opportunity to utilize and be introduced to the equipment and computers in the teen room. Transportation to the center is not provided. Call 456-3448 for details.

Couples hay ride

Couples are invited to take a hay ride through the East reservation on March 17 from 7 to 11 p.m. The ride begins at outdoor recreation and continues to Harmon Lake. Enjoy a cook-out at Harmon Lake before the return ride to outdoor recreation. Cost is \$5 per person. Register by March 15 to attend. Call 456-7765 or 453-0976 for more information.

Teen camping trip

Take a camping trip March 18 to 19 to Moon Lake for a weekend adventure. The trip includes paintball and a challenge patterned after the hit show "Survivor." Teens ages 13 to 17 are eligible. Cost is \$30 per person and includes meals and paintballs. Sign up at outdoor recreation by March 15 to attend. Call 456-7765 or 453-0976 for details.

Family hay ride

Join Hank the Hawk on a hay ride to Harmon Lake March 31 from 6 p.m. to 11 p.m. and enjoy burgers at Harmon Lake before the return hay ride. Cost is \$5 per person with kids under 5 admitted free. Register by March 29 to attend. Call 456-7765 or 453-0976 for more information.

Cajun Warrior Attitude

Catch it!



Airman 1st Class Geantel Ovalle-Escobar

Family: My wife

Hometown: South Padre Island, Texas

Unit: 2d Dental Squadron

Job title: Dental assistant

Job description: Assisting a dentist in prosthodontics, orthodontics, periodontal and other areas of dentistry

Most rewarding job aspect: Helping other people

Goals: Get my bachelor's degree in general studies

Hobbies: I love to play all sports, work on my car and eat

Favorite TV show: Smallville

Favorite movie: Pirates of the Caribbean

Favorite band: Foo Fighters

Favorite sport: Soccer

Best day of my life: The day I married my wife

Favorite dish: Any good Mexican food

Favorite book: That Was Then, This is Now

I'm proudest of: Being in the Air Force

Person I admire most: My uncle

My best asset is: Besides my good looks and winning attitude, my wife

Most influential person in the Air Force and why: Staff Sgt. Julian Moore, my supervisor, because he influences me to be a great Airman

Pet peeve: People who smack while eating

What motivates my winning attitude? My beautiful wife

If I could change anything about Barksdale, it would be: The bad Mexican food

What I like most about Barksdale: The golf course. It gives the West Gate a great look

2d Dental Squadron at a glance

Group commander:
Col. Robert Todaro
First Sergeant:
Master Sgt. Kevin Owens

Squadron commander:
Col. Terence Kinyon
Squadron Motto:
Fly, Fight and Bite

3 on 3 Basketball

March 21-24, 6pm
Sign up at the Fitness Center

318.456.4135



At the movies

For recorded show times and movies, call 456-3666 or visit the Army and Air Force Exchange Services Web site at www.aafes.com. Movies are subject to change without notice. Admission: Adults \$3.50, children \$1.75 (Information and photos courtesy of www.movieweb.com)

“Big Momma’s House 2”

Rated: PG-13

Playing: 7 p.m. today and Sunday

Run time: 99 minutes

Cast: Martin Lawrence, Nia Long

Synopsis: The continuing adventures of master-of-disguise FBI special agent Malcolm Turner. This time he must go undercover as Big Momma to nail his ex-partner’s murderer. While undercover in the house of the suspected criminal, Malcom grows attached to the suspect’s three children.



“Last Holiday”

Rated: PG-13

Playing: 2 p.m. Saturday

Run time: 112 minutes

Cast: Queen Latifah, LL Cool J

Synopsis: After being diagnosed with a fatal disease, a shy sales clerk goes on a European vacation to live out the rest of her life. With nothing to lose — or so she thinks — her behavior becomes more irreverent and outrageous each day, only to find out later she was misdiagnosed.

“Underworld: Evolution”

Rated: R

Playing: 7 p.m. Saturday

Run time: 106 minutes

Cast: Kate Beckinsale, Scott Speedman

Synopsis: A war emerges between the aristocratic Death Dealers and the barbaric Lycans (werewolves), stemming from an ancient feud between the two tribes. Selene, the beautiful vampire heroine, and Michael, the lycan hybrid, try to unlock the secrets of their bloodlines. Their forbidden love takes them into the battle to end all wars as the immortals must finally face their retribution.



The streets of Barksdale

***Rickenbacker Avenue
formerly Service Road and Seventh Street East
renamed Feb. 17, 1988***

***Named for Capt. Edward “Eddie”
Rickenbacker (1890-1973)***

An early racing driver, Capt. Edward “Eddie” Rickenbacker scored 24.33 aerial victories during World War I to rank as the top scoring American fighter ace of the war. Commander of the 94th Aero Squadron, the famed “Hat-in-the-Ring Squadron,” Captain Rickenbacker became the first Army Airman to receive the Medal of Honor when he single-handedly attacked seven German aircraft and shot down two of them. After the war he became president of the Indianapolis Speedway and later retired as chairman of the board for Eastern Air Lines. Rickenbacker Air National Guard Base in Columbus, Ohio, is named in his honor. (Courtesy 2d Bomb Wing Historian)

Family Support Center

Located on the corner of Kenney Ave. and Curtiss Rd. 456-8400 — Reservations are required for all events.

Finance 101

A Finance 101 program is 8 to 11 a.m. Wednesday. This program is designed for those individuals who have questions, concerns or need guidance on how to properly and effectively handle their finances. The class will cover checkbook management, reviewing basic budgeting, learning more about credit report information and other financial issues.

Veteran’s benefits

A veteran’s benefits workshop is 9 a.m. Wednesday and is facilitated by veterans representatives. This program is designed to help military members understand their benefits after military service. Speakers include representatives from the veteran center, the Disabled American Veterans and the Department of Veterans Affairs.

Virtual Assistant training

Virtual Assistant training is scheduled for 8 a.m. to 3:30 p.m. April 11; 6:30 to 8:30 p.m. April 12 and 8 a.m. to 3:30 p.m. April 13. Participation is limited to 20 members. Virtual Assistants are self-employed individuals who provide off-site business support services for clients. Work assignments are communicated through e-mail, phone, fax, mail and real-time online messaging. Candidates should have a minimum of two years of administrative support experience, Internet access, a knowledge of basic software, a computer with a Windows 95 or newer operating system. Spouses of active duty military who would like to participate should submit an online application form at www.msvas.com/application_barksdale.htm by March 27. Call Stephanie or Sandy at 456-8400 for more information.

Chapel information

Chapel One — 275 Barksdale Blvd. E., 456-2111

Chapel Two — 724 Douhet Dr., 456-2466

Job opening

The Barksdale gospel service needs a gospel musician and director. Call 456-2111 for more information.

Special events

Lenten Devotional followed by Lenten Sacrificial Meal of soup, salad, and bread, 11:30 a.m. to noon, Wednesdays of Lent, Barksdale Room at the Barksdale Club.

Stations of the Cross, 5 p.m., Tuesday; March 21, 28 and April 4, Chapel One, followed by Lenten sacrificial meal of soup, salad, and bread; savings on evening meal going to Operation Rice Bowl.

Catholic services

Daily Mass, 11:35 a.m., Mondays through Fridays, Chapel One

Confession, 4:30 p.m., Saturday, Chapel Two

Mass, 5:30 p.m., Saturday, Chapel Two

Mass, 9 a.m., Sunday, Chapel Two

Mass, 11:30 a.m., Sunday, Chapel One

Protestant services

Liturgical communion service, 9 a.m., Sunday, Chapel One

Community worship service, 10:30 a.m., Sunday, Chapel Two

Inspirational gospel worship service, noon, Sunday, Chapel Two

Dining information

Dining hall information

Call 456-7733 for menu information from the Red River Inn dining facility. Call 456-4769 for the flight kitchen menu information.



Air Force protein study proves to be real eye opener

BY RUDY PURIFICATO

311TH HUMAN SYSTEMS WING

Warfighters will never have the ability to leap tall buildings in a single bound, but a specialized whey protein supplement being studied by the Air Force Research Laboratory, could enhance mental and physical performance.

A double-blind AFRL study was launched Feb. 3 as part of an operational readiness initiative. It is being conducted in collaboration with the GNC Corp. of Pittsburgh.

The focus of the study is specialized whey protein. Historically, its non-modified form has been used to build muscle supporting increased physical conditioning. AFRL scientists hope this research will eventually provide the Air Force with a non-pharmaceutical option – one that enhances alertness and physical strength in warfighters exposed to sleep deprivation and workloads associated with stressful operational environments.

The study came about when Col. Breck Lebegue, an AFRL scientist, observed Soldiers and Marines using supplements in Kyrgyzstan in 2004.

“These guys are going to battle at 10,000 feet elevation while hauling 100 pound packs. That’s hard work – living and surviving in that kind of environment which is mentally and physically challenging,” said Colonel Lebegue, the aerospace medicine chief of the aircrew

performance and protection branch.

Colonel Lebegue wanted to find out if there was an operationally relevant need to scientifically verify the human performance-enhancing potential of such supplements.

He confirmed the special operations community’s need for these supplements with Col. (Dr.) James Wright, 720th Special Tactical Group command surgeon at Hurlburt Field, Fla., and a former U.S. Air Force School of Aerospace Medicine scientist in hyperbaric research.

Last spring, Capt. (Dr.) Andy McQuade, one of the study’s principle investigators and Human Fatigue Neurosciences Team chief, conducted an informal survey on supplement use among 720th Special Tactical Group personnel.

“I asked the 12 volunteers what supplements they used and where they got them. These guys knew more about supplements’ effects from reading men’s muscle magazines and less from the science (literature),” Captain McQuade said.

He also learned that the survey respondents felt stronger and believed the supplements worked.

“The only thing they had to measure supplements against were (conditioning) workouts in the gym,” he said.

What makes AFRL’s whey protein study different from past research on human performance, its principle investigators say, is it’s not limited to cognition.

“We’ve had research to keep subjects awake, but not necessarily physically and mentally alert,” Captain McQuade said.

AFRL researchers will be evaluating whey protein’s effects on cognition and physical performance, as well as on body composition, memory and concentration involving specific tasks conducted after a 24-hour sleep deprived period.

The study builds upon earlier research conducted by Dr. David Housh, a University of Nebraska exercise physiologist, who collaborated with GNC on supplement testing.

“They tested leg strength using the gym’s leg extension machine,” Colonel Lebegue said. He said Dr. Housh’s tests verified that these supplements helped build strength and muscle mass.

In AFRL’s study, half of the volunteers will be given modified whey protein, with the other half given a placebo. They will also be subjected to modified physical fitness and cognitive tests while alert and fatigued during an eight-week period.

AFRL investigators said they also will be evaluating whey protein’s effects on rebuilding and repairing over-exercised muscle. They emphasized that this specialized supplement is not a steroid, which is illegal and potentially harmful to health.

Ultimately, this specialized supplement could prove to be the so-called “magic bullet” – a non-addictive sub-

Sports shorts

Youth baseball registration

Youth registration for tee ball for ages 5 to 6, coach pitch baseball for ages 7 to 9 and baseball for 10 to 12 and 13 to 18 is going on now until Monday at the youth center. Cost is \$45 per person and \$60 per person during late registration from March 14 to 21. Coaches’ training takes place March 20 to 25 and skills assessment is March 25. Stop by the youth center to register.

Big bass contest

A big bass contest for military members for bass caught in any Barksdale lake is now through March 19. Participants must weigh their catch, have a photo taken with the bass and take the entry to Bass Pro Shops by March 19. Photos should include the participant’s name, address, phone number, weight of the bass, and date the fish is caught. Prizes will be awarded March 20 and will include a \$100 shopping spree at Bass Pro Shops in Bossier City. This event is not endorsed by the Air Force or by the Department of Defense.

Pot o’gold sweeper

Participate in the St. Patrick’s handicapped singles tournament at the bowling center. Tournament times are available from now to March 20 and bowling is open to both men and women. The first game is no-tap, the second is no-tap/no-split, the third is no-tap/no-spare and the fourth and final game is all of the above. Cost is \$17 per person, with 100 percent of the prize fund paid out. Bowlers’ highest league average as of March 1 are used. Handicap is 80 percent from 200. Call 456-4133 for specific bowling times.

Aerobithon

Participate in the fitness center’s aerobithon March 25 from 9 a.m. to 1 p.m. The event consists of four classes with one held each hour. Each hour participated gains an entry into the grand prize drawing. Drawings take place each hour. Call 456-4135 for details.

Get a grip

Purchase any in stock golf grip from the golf course pro shop during the month of March and get installation free of charge. Call 456-2263 for details.

3-D archery

3-D archery tournaments take place Sunday, Mar. 19, April 23, May 28 and June 25. Cost is \$25 for professionals, \$10 for non-members, \$5 for members, youth and cubs and free for peewees. Participants without base privileges must register by the Monday before the event. International Bowhunting Organization scoring of 12-10-8 with one arrow 10 and 40 practice range. Call 456-7765 or e-mail outdoorrecreation@barksdaleservices.com for more information.

Mudbugs hockey

Mudbugs military appreciation night is Sunday at the CenturyTel Center. Pick up free tickets at Information, Tickets and Tours. Limit is four tickets per person.

Mudbugs hockey tickets are available at ITT, located at the arts and crafts center, for \$8 per ticket in endzone sections 110 to 116, 101 to 104 and 122 to 124. The last regular season game is March 25. Tickets and tours stops selling tickets at 4 p.m. Monday through Friday. No tickets are available at ITT on Saturdays. Call 456-1866 for details.

Paintball

Saturday paintball

Paintball is available from 9 a.m. to 4 p.m. every Saturday at the new field at Clear Lake Park. Cost is \$12 per person and will admit participants for the day. Rental gun, mask and 100 paintballs are also included in the admission price. Only paint purchased at the field is permissible.

Intramural paintball meeting

A mandatory intramural paintball meeting is scheduled for Wednesday from 7 to 9 p.m. at outdoor recreation. Interact with management and discuss rules of the newly sanctioned intramural paintball with the season kicking off in April. Call Outdoor Recreation at 456-7765 or 453-0976 for more information or to register a team.

Turkey hunting regulations

- Season dates are March 25 to April 15
 - All hunts are morning hunts only
 - Season limit is two gobblers per person (gobblers only)
 - Department of Defense personnel may each sponsor one guest to hunt
 - No placing of bait or hunting over bait is allowed
 - Hunting allowed only in areas shown on map
 - Only Fullilove and Island Road Gates will be opened for the season
 - No ATVs or off road driving allowed, especially on pipelines, levees or in wetlands
 - *Unless exempt by Louisiana Law, hunters and callers must have all of the following with them while hunting:* LA state basic hunting license, LA state big game hunting license, LA state turkey stamp, BAFB basic hunting permit, BAFB turkey stamp, BAFB hunter safety card, and LA hunter safety card
 - DoD personnel must register for the hunt and attend the annual pre-hunt safety meeting at 6 p.m. March 23 at the natural Resources Office Education
 - All hunters and callers must check in and check out anytime you are leaving your hunting area, including changing areas; guests must remain within 50 yards of their sponsors
 - Check in tag must be displayed on the dash of your vehicle with the number visible from the outside of the vehicle
 - Hunting allowed only with shotguns using shot not larger than #2 lead shot or bb steel shot and bow and arrow
 - Steel shot must be used while hunting in the receiver site
 - Hunters must check in at the natural resources office immediately after killing a turkey
 - No other activities will be allowed in the turkey hunting areas
 - Check in and out times, quiet times and shooting hours will be posted on the bulletin board located outside of the check station
 - All Louisiana state turkey hunting regulations apply
- Call 456-3353 for more information.